



**OUTWARD BOUND
CANADA**

SCHOOL PROGRAM:

IMPACT CASE STUDY



Greenwood College School and Outward Bound Canada: Empowering students with an extraordinary Outdoor Leadership Program

“I learned how to cook on an open fire, how to tie a variety of knots, and how to motivate myself to complete a task. We all worked so hard to endure and overcome our own challenges.” - Participant

PROGRAM: Outdoor Leadership Program

SCHOOL: Greenwood College School

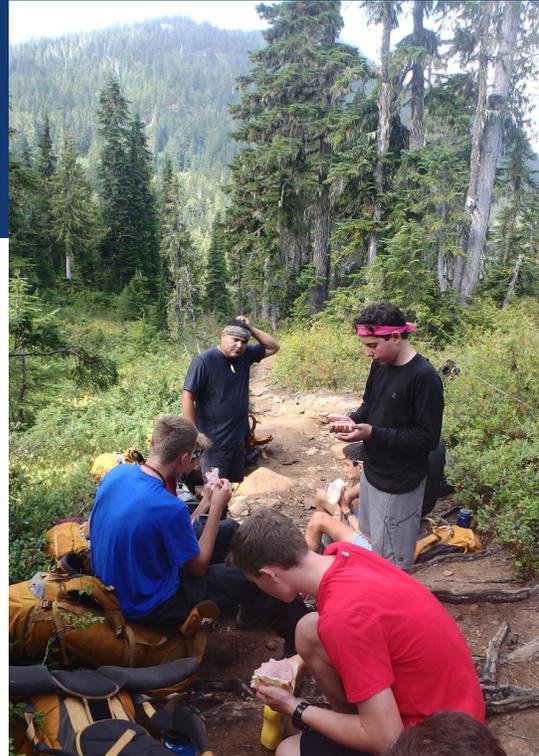
DATES: Annually, for more than 10 years

PARTICIPANTS: Greenwood College School students (senior grades)

BACKGROUND

Greenwood College School provides independent education for grades 7-12 in Toronto, Ontario. With Outward Bound Canada (OBC) as a valued partner, the school runs a robust outdoor education program that focuses on character development through challenge and daily exploration of new experiences.

Recognized as one of Canada's leading outdoor education organizations, OBC has partnered with Greenwood for over a decade to deliver key components of its exceptional Outdoor Leadership Program.



Through this partnership, Greenwood has access to OBC's nationwide presence, its expertise in risk management, its unwavering commitment to program excellence, and its focus on fostering important social-emotional skills such as resilience, compassion, connectedness, and leadership.



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groups@outwardbound.ca



IMPLEMENTATION

In its recent program with Greenwood, OBC took thirty Grade 11 students on a seven-day backpacking trip through the rugged mountain wilderness of Strathcona Provincial Park in British Columbia.

Students learned leadership and compassion as they pushed through and motivated themselves and their classmates during difficult moments.

The goal of this course is to prepare students for the future of work by teaching them social-emotional skills that will increase their chances in the job market, help them navigate the world with greater understanding and respect for the environment, and develop habits that will improve their mental and physical health.



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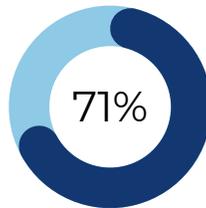
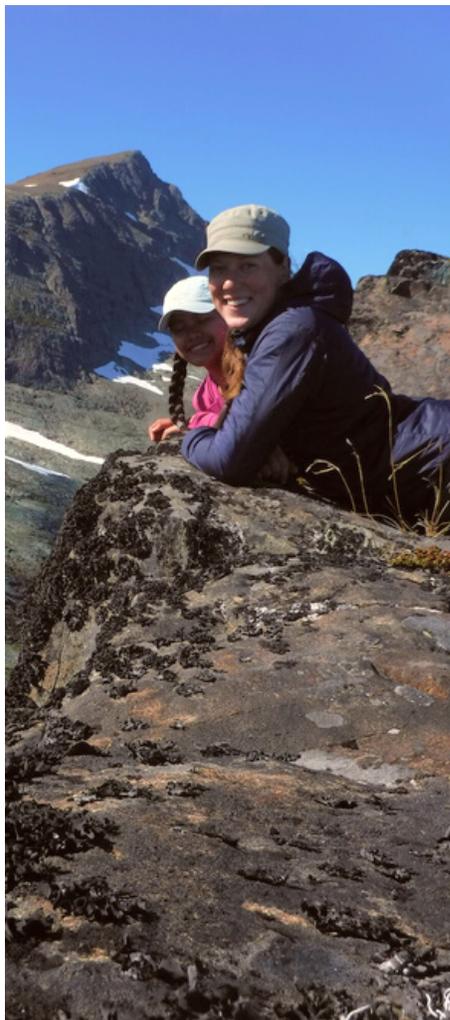
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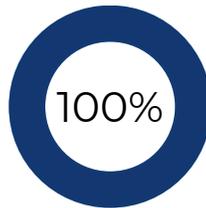
IMPACT

The impact of this program has been tested using peer reviewed, validated evaluation tools that show improvements in compassion, resilience, connectedness and leadership, with 94% of Greenwood students reporting an improvement in at least one of these attributes:

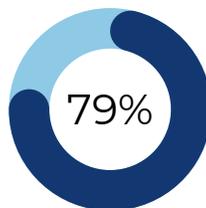
After the Outdoor Leadership Program;



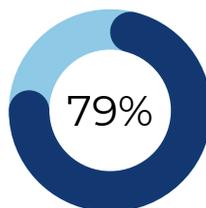
of participants said they would do almost anything to help if someone close to them needed help



of participants indicated that it is important that their friends and peers trust them



of participants said they are more likely to take charge in groups they work in



of participants indicated that they are fairly good at handling stressful events



AN EDUCATOR'S PERSPECTIVE

"A backcountry classroom that takes advantage of all that the Canadian landscape has to offer helps prevent childhood obesity, improves cognitive skills, and enables hands-on learning. In educational parlance, we know that character building and outdoor education go hand in hand: Across the country, ropes courses, mountain trails, and rushing whitewater instill in students values of independence, interdependence, and sensible risk-taking that are important for success in school and in life."

- Greenwood's founding principal David Thompson



OBC is a flexible partner that can work with you to customize a program that meets your school's needs and budget. In support of our charitable mission to increase access to outdoor education, we raise funds to assist schools

For further information about OBC's current offerings for school groups, please visit outwardbound.ca/school-and-group-programs or email groups@outwardbound.ca



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Outward Bound Canada is a registered not-for-profit charitable educational organization.
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